ORGANIC PEST CONTROL

THE PRACTICAL GUIDE

How To Naturally Protect Your Home, Garden & Food from Pests & Pesticides

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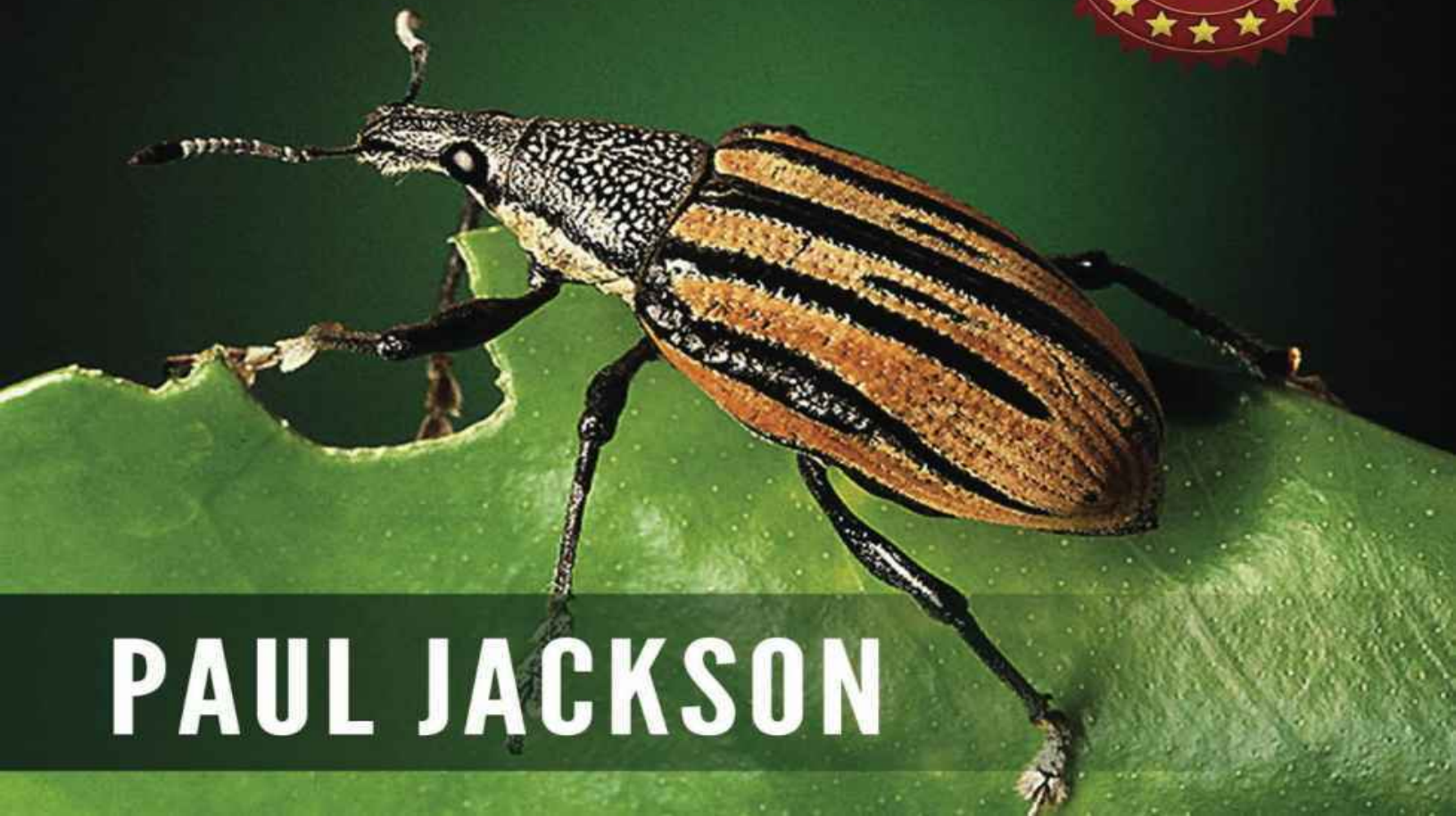

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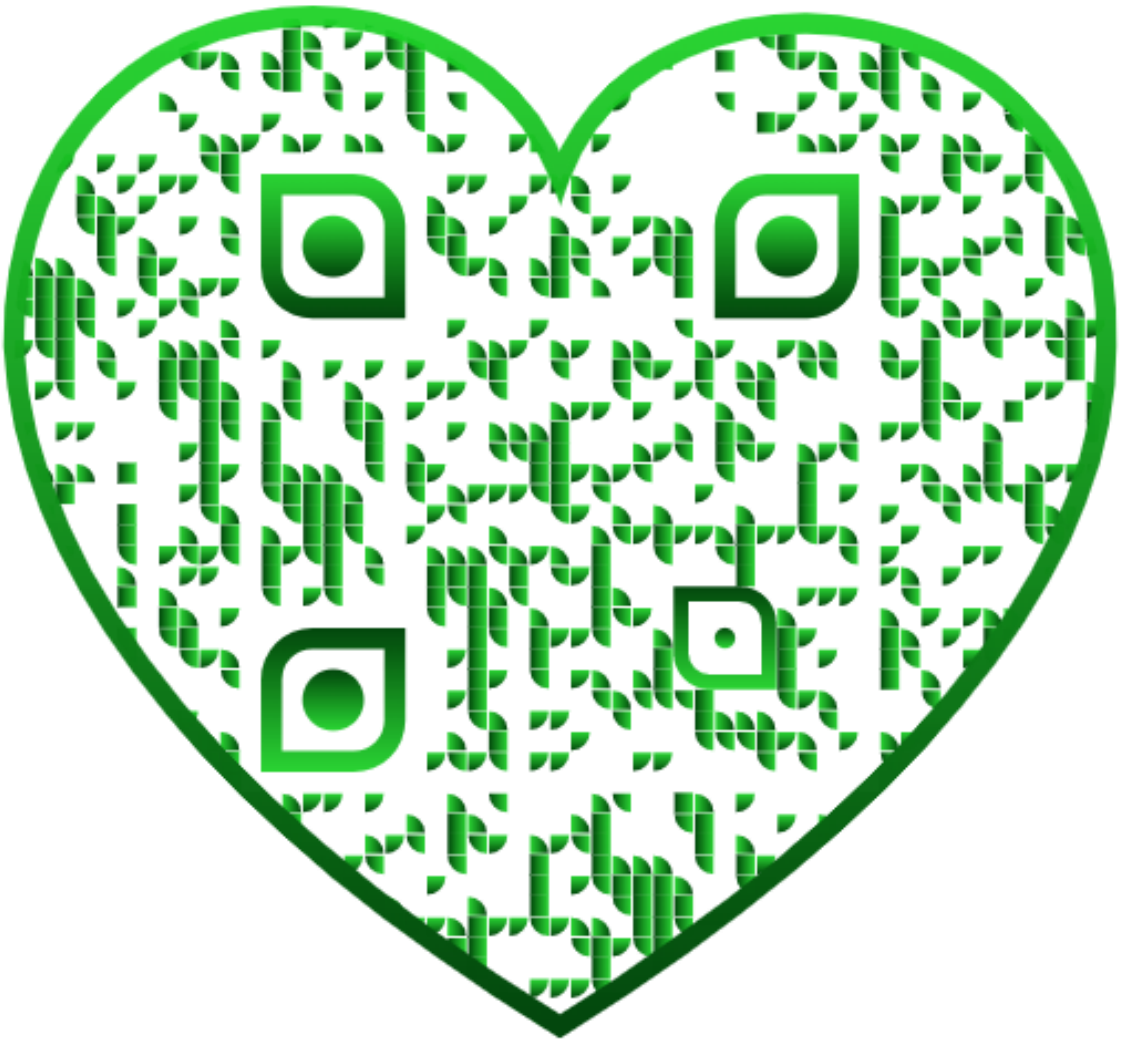

Organic Pest Control

The Practical Guide

How To Naturally Protect Your Home, Garden & Food from Pests & Pesticides

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Contents

Introduction

Chapter 1

The 12 Most Common Invasive Pests in the Home

Chapter 2

Easy Ways to Prevent Pest Infestations

Chapter 3

The Best Organic Sprays to Help Control Insects

Chapter 4

How To Naturally Protect the Interior of Your Home from Pests

Chapter 5

Beneficial Insects vs. Harmful Insects in the Garden

Chapter 6

Organic Pest Control Sprays You Can Make At Home

Chapter 7

How to Remove Pesticides from Your Non-organic Produce

Conclusion

Introduction

From the darkest corners of your home, basement, roof and attic, to your walls and floors, even outside your house and your garden, pests can attack and thrive. Because of them, you are living in constant vigilance, agitation, and frustration in your own home, which is supposed to be your safe haven, the place where you can forget all your problems, relax and have your well deserved rest.

Almost every household has a problem with pests, and I assume, including yours. You may have experienced disturbing noises from your ceiling at night, saw annoying scratches on your things, had trails of termite tunnels on your walls making it look like an abstract painting, experienced minutes of frantic jumping and shouting when a cockroach or a rat came out of your cupboards, or you may had the precious plants in your well tended garden attacked by troublesome insects and animals like worms and beetles. Whatever experiences you may have had with household and garden pests, there is one thing that is clear, and it is: these pests are great nuisance, and they should be stopped.

With this book, you will learn how to do just that. In Chapter 1, you will learn about the most common invasive pests in your household, from rats to roaches, to mites and ants. On the other hand, Chapter 2 will teach you how to deal with these pests and more importantly, how to prevent them from ever taking foot into your home. In connection with the previous chapter, Chapter 3 will introduce you on how to choose very effective organic anti-pest sprays that are available in the market. Also, in Chapter 4, you will learn ways to protect your home from infestation in a more natural manner.

Chapter 5 will focus more on garden pests. In this Chapter, you will learn to determine which insects and animals are beneficial for your garden and which are

dangerous and bothersome. With this, you will be able to learn how to prevent these pests and how to encourage beneficial insects into your garden, while at the same time keeping your plants healthy.

The next chapter will teach you how to make organic pest control sprays and more do-it-yourself formulas and tips. Finally, as a bonus you will learn in Chapter 7 many effective ways of removing pesticides from your non-organic fruits, herbs, and vegetables.

And so with all these helpful information, I would like to congratulate you for picking this book. At the end of these pages, you will already be armed with loaded information about the pests that wreak havoc to your home and your garden, and effective and efficient ways to put a stop to them once and for all. Whatever pest problems you may be facing right now, with these information and tips, you will surely have an easy and quick solution to this household and garden pest dilemma. So start flipping the pages for an informative and useful journey to a pesky pest free home.

Thank you and enjoy!

Chapter 1

The 12 Most Common Invasive Pests in the Home

Of the many annoying pests found in almost every home, there are those that are truly bothersome and destructive. These pests are the ones that you should really watch out for and seek to destroy, since in some cases, even a single one insect can bring about an unstoppable infestation in your home, so serious that expert help is needed to totally kill them or drive them out of the house and stop them from coming back ever again. Knowing about these pests and their behaviour can help you to understand how to effectively destroy them or prevent them from even entering your home, which is more recommendable.

The following are the said top 12 most common invasive pests that can be found or can possibly overtake your home.

1. **Rodents**

Rodents, specifically mice and rats are two of the most blasted pests you can ever have in your place. House mice and two types of rats can be commonly found in most households, particularly Norway rats and roof rats.

Rats and mice are very notorious for their high reproductive capability. They reproduce by the numbers. As of the past years, it has been reported that the rat population in the UK has reached to more than 60 million. Adding to that, rats can grow to enormous sizes if unchecked. Others can grow to the size of kittens, while some can even grow a bit larger.

Not only are they a nuisance, wreaking havoc with scratches and bite marks on your things and chewed on

furniture and clothes, they are also dangerous as they are one of the most effective carriers of diseases such as E. Coli, Tuberculosis, Salmonella, Weil's disease, Lyme disease, Hantavirus, and more. Mice are relatively 'cleaner' compared to rats. While the first will live near their source of food, most of the time inside your home, the latter live in areas with moisture such as sewers and drains, the perfect source of bacteria, and viruses. They can enter your homes through uncovered holes and crevices and eat almost anything that they can chew on, that is why you should keep your homes, especially your food storage, tightly sealed and properly protected.

2. **Ants**

These insects are perhaps one of the most annoying pests that you can ever have in your home. They enter your house through the tiniest of entrances and raid your stored food. Not only that; some of them have the nastiest bites. Of the many species of ants all over the UK, only the garden ant or black ant and the Pharaoh ant are known to enter homes. Although most of the time, ant colonies are found outside the house and in gardens, there are some that are found to have established permanent residency within other residential structure.

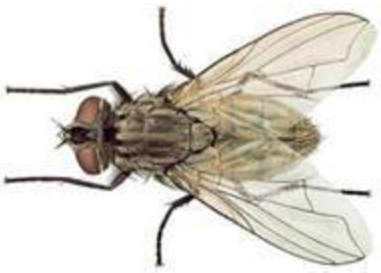
3. Cockroaches

There is also a number of species of cockroaches, but the Roaches prefer damp and dark places, particularly one with a water source such as dripping pipes. Roaches are also known to carry serious diseases such as E. Coli and also food poisoning. That is why evidence of cockroach infestation must be dealt with as soon as possible.

3. Mosquitoes

Mosquitoes are feared for their bites, but they are more feared because of the deadly diseases that their bite can carry and pass on. Mosquitoes are known carriers and spreaders of diseases such as malaria and dengue, which have killed many people worldwide. They live in dark and damp areas especially those with stagnant water like under bushes, on sewers and drainage, open pots and jars, and more. There they lay their eggs, which rapidly become larvae and adult mosquitoes in just a matter of days.

5. Flies



Fruit flies, Cluster flies, Bluebottle flies and Blowflies are just some of the common species of flies in the UK. The main issue people have with flies is the disease that they can carry with them, together with germs and bacteria they get from their foraging activities, like E. Coli and Salmonella. They also reproduce in numbers that is why a fly infestation is a serious problem.

6. Termites

Termites are common nuisance to homeowners because they attack the wooden components of households, making them brittle and weak – destroying years of hard work and making them into dust, literally. Once they get to burrow in your walls and foundations, you surely will have to put up a hell of a fight.

7. Fleas

Fleas are known bloodsuckers or parasites that live off of others nutrients. Fleas can be brought in your home either through you or your pets. Although there are human fleas, dog fleas, and cat fleas, they can still live off on another host. For example, cat fleas can also bite humans. These bites are what make fleas intolerable.

8. **Bed Bugs**

Bed bugs are flat, oblong shaped insects that are normally found in cracks and crevices of the room, floor, bed frames, and furniture. Bed bugs are annoying because they provide discomfort and unnecessary hassle to homeowners. Not only can they bite, they also leave blood marks on linens and bed sheets when they are squashed. And when there is an infestation, their numbers often give off the room and unpleasant smell.

9. **Wasps**

Another common invasive pest that will surely give you headaches are wasps. They can be distinguished from other wasp-like insects by their black and yellow colour. Although wasps are not known carriers of diseases, they should still be controlled because having a hive of wasps near your home or worse, in your home, is far from comfortable and safe. Most active during the summer where the temperature is warm, they can construct their nests on a roof space, inside your walls and your loft. And if they so as much feel threatened, they can go on a full out attack

and sting you or anyone in the vicinity, which is the greatest danger that they can pose. Though not all suffer greatly from wasp stings, it is still a source of great pain and inconvenience. And unfortunately for some who are allergic to wasp stings, it is ten times more dangerous. There are a number of species of wasp that can be found all over the UK, with German wasp and common wasp being the greatest nuisance and the most painful stingers.

10. **Moths**

Moths, especially clothes moths, provide a constant problem to every household's wardrobe. They attack fabrics and materials made up of natural fibre and wool. Their larvae, particularly, eat up these fibres leaving holes and marks in what were once usable clothes.

11. **Carpet Beetles**

Though not a carrier of any disease and does not bite, carpet beetles are still a nuisance to homes. Just like moth larvae, carpet beetle larvae also eat natural fibres found inside the home. They can destroy clothes, upholstery, curtains, beddings and many more.

12. **Dust Mites**

These minute insects that are barely visible to the eye are everywhere in most houses. They reside in beds, furniture, beddings, decors, curtains, carpets, rugs, and etc. The problem with dust mites is that there are people who are allergic to them, particularly their excrement. When dust mite

allergic people come in contact with them or the excrement, they can suffer from asthma, allergic rhinitis, and eczema.

Chapter 2

Easy Ways to Prevent Pest Infestations

There is a popular saying that goes, *“Prevention is better than cure.”* We normally encounter these words when we read about health and disease prevention. But this widely spoken line is not only applicable in the field of medicine, but also in the area of pest control. As all pest control experts know, dealing with an infestation, especially one that has gone way too serious, is very difficult and a nightmare to deal with, dangerous even. Getting rid of the single pest or small groups of them that you first see is very crucial to avoid any kind of infestation in the house. Here’s what you have to do to.

Keep pests’ food sources inaccessible to them.

One of the main reasons why pests infest homes and gardens is the fact that these places are their main sources of food. Living creatures tend to be drawn to places where food is abundant and accessible. That is why to prevent these animals from entering and taking a foothold in your garden, especially in your household, you must make sure that they cannot find any food lying around your house. Take note of the following tips on how to keep your food from pests:

- Pick up any food crumb that falls on the floor and wipe your tables from spilled drinks or sauces.
- Keep your food in the fridge, including leftovers.
- For the type of foods that can’t be stored in the fridge, put them in durable tightly sealed jars or wares. Make sure that they are air tight, preferably with rubber or silicone seals.

- Do not keep food products such as cereals, grains, dried food items, and condiments inside their carton or plastic packages and instead transfer these foods in airtight containers.
- Keep these containers in your cupboards. Check that they are not humid and warm and do not have holes, cracks or crevices that the tiniest insects can pass through.
- A number of pests get their food from your trash. That is why you should have a lidded trash bin and you should take out your trash regularly.
- Do not encourage hospitable living conditions for pests.

Another key reason for pest infestation is the amiable living conditions that pests can easily find in your home and garden. Depending on their kind, different pests prefer different living conditions, as you have learned from the previous chapter. But for most, especially the ones that pose health risks to you and your family, they usually prefer dark and humid environments. That is why you often find pests nesting under your sink, in your walls or your loft, in your garage, or under logs and soil. Keep in mind the following things:

- Check on your water system for any leaky pipes, dripping faucets, and the like. Leaked water from pipes and faucets can collect and serve as a water source for pests.
- Always unclog your gutters and drains to prevent stagnant water that can become breeding sites or water sources for pests, especially mosquitoes. Also, remove empty pots or anything where water can be collected in your garden.
- Do not let any wood scrap or wood fragments near your house or on your garden. Resist using mulch made out

of wood as they attract termites, weevils and some species of beetles.

- Check your cupboards, cabinets, closets and wardrobes regularly. Constantly arrange their contents and ventilate them. Some pests like cockroaches, beetles, moths, and silverfish like dark and damp areas like these.
- Properly organize your basements and attics. Arrange things in such a way that there would be no dark areas or hiding spaces for rats, mice, and other pests.
- Isolate your home from direct contact with any landscaping.

Sometimes, pests can have access to your homes through trees, shrubs, or garden paraphernalia that directly touch the house. To address this:

- It is better to plan before you plant any vegetation that can possibly touch your house.
- Trim your trees and other plants regularly to keep them away from the house.
- Do not let any wooden parts of your house come in contact with the ground. Use cement or rock blocks as the base for your exposed pillars if you have any. You can also sprinkle diatomaceous earth around parts of the house that come in contact with the soil.

Seal your house.

One of the best ways to prevent pests from even stepping foot in your house and protect it from possible infestation is by establishing a controlled environment. Here’s how you can go about it:

- Look around and inside your house and check it for any holes or cracks in the structure like walls, floorboards, and eaves. If there are, make sure to cover them immediately either with cement or other durable fillings.

- Set up screens on every window and door, especially ones that are usually used for entrances and exits. Through this, you can safely open your windows without worrying about insects and other pests from coming in.
- Seal up your drains and ventilation shafts, particularly ones that are directly exposed outside your house, with wire screens to prevent rodents and other larger pests from coming in through them.
- Control what comes in and what comes out of your doorstep. If you have pests, check them before entering the house for any pests, especially fleas, and remove them. If you just came home from travelling and stayed at hotels or inns, wash your clothes and steam clean your bags immediately to get rid of any bedbugs that you may have unwittingly brought with you.

Clean your home and your garden regularly.

Regularly cleaning your homes and your garden is one of the best ways to prevent infestation. By doing this, you can also regularly check up on the condition of your house and your garden and spot signs of infestations quickly. This will also discourage pests from establishing their residence in your house or your gardens.

- Always wipe tables, floors, and kitchen tops, especially after a meal or snack, to remove any residue that may attract flies or ants.
- Keep your things organized to avoid any mess or clutter, which can serve as hideouts for roaches and other insect pests.
- Dust, vacuum, or more advisably, steam clean areas and things where pest can gather or lay eggs such as tight corners, frames, carpets, rugs, bed frames, and etc.

Use pest aversive substances and methods.

When using pest aversive methods, you can go either chemical or organic. There are chemical substances and methods out there that are widely used by the general public and pest control companies. These substances and methods promise easy instant solutions to any pest problems. However, pesticides, insecticides and other pest aversive chemical substances have been proven to be harmful to humans. To deal with this, you can do the following.

- Use physical or mechanical methods like traps, sticky paper traps, electric insect zappers, and etc.
- Use other organic methods such as sprinkling diatomaceous earth on soil that’s near the house or around the feet of your furniture, applying row covers for your garden, traps using pheromone, oil sprays, and etc.
- Use biological methods by introducing natural predators. This is mainly applicable in your garden.

- Use organic sprays. There are already some organic and natural commercial sprays available in the market, or you can just make your own sprays. You can learn about commercial organic sprays in the following chapter, while you will know how to make your own organic pest control sprays at home in Chapter 6.

For more information on how to naturally prevent infestation and control pests, read on to Chapter 4.

Chapter 3

The Best Organic Sprays to Help Control Insects

If you want to forego chemical pest control sprays, you can look for organic sprays instead. There are many advantages in using organic sprays for pest control. These include less health risk for you and your family, less damage made to your plants and things, a chemical free garden and home, and less chances for some insect species to adapt and develop immunity.

But before you buy any organic spray in the market or from the Internet, make sure to take note and comply with the following:

- Determine your problem. Know which pest is your problem to know what pesticide spray to specifically buy.
- Assess whether this type of pesticide spray is really effective in destroying or deterring your problem pest. To do this, you should do research about what kind of organic active ingredient is effective for that specific insect or animal. Then look for this active ingredient in the product that you will buy. Most authorized organic anti-pest sprays have plant extracts or oils, pyrethrin, or fatty acids as active substances. The following organic active substances are some of the most commonly used in commercial organic pesticide sprays from the European Union Pesticides database:
  - Citronella oil
  - Clove oil
  - C18 Unsaturated potassium salts (CAS 67701-09-1)
  - Orange oil
  - Fatty acids C7 to C20

    - Fatty acids C7 to C18
    - Fatty acids C8 to C10 methyl esters (CAS 85566-26-3)
    - Fenugreek seed powder or FEN 560
    - Garlic extract
    - Pepper
    - Pyrethrins
    - Rapeseed oil
    - Seaweed extract
    - Spearmint oil
    - Tea tree extract
- Look up which pesticide sprays are authorized in your area. You can look up the list of legally distributed pesticides in the Health and Safety Executive (HSE) database or the European Union pesticide database. If you want to specifically look for garden sprays, you can refer to the ‘Pesticides for Gardeners’ advisory service of the Royal Horticultural Society or RHS.

Chapter 4

How To Naturally Protect the Interior of Your Home from Pests

Chapter 1 has already provided you with the basic tips on how to protect your home and garden from infestation. This chapter, on the other hand, will focus more on protecting the interior of your household in more natural ways, specifically, your walls, furniture, clothes, beds, cushions, bed sheets and covers, and your food.

Walls

It has been pointed out in Chapter 1 that to keep pests from coming into your house and start an infestation, you must look for possible entrances such as cracks, crevices, and holes in your walls. Not only can pests enter your house through these holes and cracks, but they can also live in your walls. You can cover these holes and cracks with silicone caulk or dust them with boric acid. For a more natural approach, you can stuff holes and cracks with garlic and organic sprays.

Furniture

The most common types of pests that attack your furniture are termites and beetles for wooden ones, and bed bugs, dust mites and fleas for upholstered types. For upholstered types, you can cover cushions and whole furniture with plastic to keep these insects from establishing residence in them. You can also spray your furniture and cushions with a concoction of essential oils like cedar oil or citrus oil which you can make on your own. You can learn this and other recipes in Chapter 6. For wooden furniture, if possible, buy wooden furniture that is made up of insect resistant wood like teak and cedar. You can also place small dishes or discs with diatomaceous earth under all of the legs of your furniture to prevent insects from the ground having access to the whole furniture.

Rugs and Carpets

Carpet beetles, dust mites, fleas, ticks and bed bugs are the pests that are usually found in rugs and carpets. Aside from regular vacuuming and steam cleaning, you can use store bought organic sprays that attack these types of pests. Like in your upholstered furniture, you can also spray natural sprays you can find in Chapter 6.

Clothes

The major attackers of clothes are clothes moths and carpet beetles. Regularly brush and clean your clothes to prevent moths and beetles from eating through your clothes. You can also use essential oil sprays on your clothes and wardrobe, or hang lavender satchels inside your wardrobe. You can also use orange or lemon peels. You can make your own natural mothballs too, which you can learn in Chapter 6.

Beds, cushions, bed sheets and covers

Bed bugs are one of the major pest problems of most house owners. To prevent bed bugs from wreaking havoc in your beds and linens, put a space between the bed and the walls and floor. Like how you protect your furniture, put discs or small plates with diatomaceous earth under the legs of the bed.

Food

It is very important to protect your foods as there are a number of pests that also want to share them with you, especially flies, ants, roaches, mice and rats. Aside from storing food in the fridge or cupboards in tightly sealed containers, there are other ways to prevent these pests from gaining access to your provisions. Slices of cucumbers, garlic, bay leaves, citrus, crushed mint, and eucalyptus are some of the most effective natural deterrents for these insects.

Chapter 5

Beneficial Insects vs. Harmful Insects in the Garden

Pest control in your garden can become a little bit complicated compared to household pest control. This is because there are more insects in the garden, and also because you cannot just apply pesticides haphazardly or kill any insect you see. You have to consider the health and condition of your plants and that of other insects. In the garden, there is what you call as beneficial insects and there are also harmful insects. Beneficial insects are the kinds, which do not greatly damage plants but instead help in protecting the plants from the harmful pests and also contribute in the process of pollination. You must be careful not to harm these beneficial insects, as they can be helpful to your plants, while at the same time you should target the destructive ones.

Here is a list of **harmful** insects that you may find in the garden:

- Aphids – Aphid species like the Blackfly, Greenfly, and Woolly aphids suck the saps of plants, which can result to deterioration.
- Bush Crickets – Like caterpillars, bush crickets also eat plant parts.
- Caterpillars – Different types of caterpillars are detrimental to plants as they eat the plants leaves, stalks, and fruits.
- Cockchafers – Adult cockchafers feed on tree leaves while their larvae eat plant and tree Earwigs – bore holes in young plants.
- Flea beetles – Flea beetles also bore holes in plants like lettuces.

- Gooseberry sawflies – These types of sawflies eat plants' leaves.
- Ichneumon wasps – Although there are other ichneumon wasps that are beneficial to gardens, this type attacks ladybirds which are beneficial insects.
- Leaf miners – This type of insect burrow into the leaves of plants.
- Leafhoppers – Like aphids, leafhoppers are sapsuckers and spreaders of disease.
- Leather jackets – Leather jackets are the larvae of another insect called Daddy long legs. They target the roots of grass and baby plants.
- Mealy bug- also a sapsucker.
- Narcissus grubs – These grubs attack plants with bulbs, making them unhealthy.
- Rose chafers – These are a kind of beetle that also eat plant parts.
- Rose slug worm – These worms particularly attacks roses, especially their leaves.
- Scale Insect – Like some other harmful insects, scale insects also suck the sap of plants.
- Scarlet Lily beetles – Beetles like this eat lily plants.
- Weevil – These insects also eat leaves and other plant parts.

Here is a list of **beneficial** insects for your garden:

- Centipede – Centipedes are natural predators of harmful insects such as weevils, grubs, woodlice, and more.
- Earthworm – These worms are indicators of a healthy soil. They help loosen the soil just enough to let air go

in. Their movements also help blend the soil with other wastes and dead plant materials.

- Hoverflies – Hoverflies are particularly useful when they are still at their larval stage since they are predators of aphids. Each larva can eat up to thousands of aphids during that stage.
- Lacewing – Like Hoverfly larvae, Lacewings also eat a great amount of aphids.
- Ladybird – Ladybirds are like beetles. They also love aphids.
- Spider – Spiders are also great predators to have in your garden. They eat aphids, small beetles and wasps, some worms, and more.
- Wasps, hornets, and bees – These insects, although can pose as a potential threat to your family's safety, are beneficial given that they live far away from the house and are not disturbed. They mainly help in pollinating your plants.

How to Prevent Pests from Invading Your Garden Whilst Insuring the Safety of Your Plants

Helping natural predators of harmful insects in your garden is one way of naturally protecting your plants without damaging them. Other ways include:

- **Setting up traps**

  You can set up traps in your gardens, with the type depending on the insect you want to trap. For example, if you want to catch ground insects that attack tree foliage, you can line the base of your tree trucks with sticky traps.

- **Protective coverings**

Covering your plants is helpful, too. You can use wire mesh or nets propped over beds to keep harmful insects from reaching the plants.

- **Regular checking and cleaning.**

  Monitoring your garden everyday is crucial if you want to maintain a healthy garden. You must check your plants if they have insects on them or if they have holes and cuttings. If you suspect that the problem is serious and the insects have become numerous, you can use your organic pesticides and directly target these harmful insects.

- **Plant insect repellent plants.**

  Some plants have certain properties that naturally deter some insects. Plant these in strategic parts of your garden. Examples include thyme, Artemisia, borage, basil, and more.

How to Encourage Beneficial Insects to Your Garden Whilst Metering Harmful Insects

As you have read earlier, most beneficial insects are the natural predators of the harmful ones. By encouraging these beneficial insects, you also reduce the chances of harmful insects overtaking your garden.

To encourage the population of helpful insects in your garden, do the following:

- **Provide them with their source of food**. Other than their prey of harmful insects, there are other helpful insects that mainly feed on nectar. You can plant a separate patch of fragrant flowering plants for them to get their fill of nectar, like daisies, chrysanthemums, roses, and even oregano and dill. This can also help attract bees, wasps, and hornets that help pollinate your plants.

- **Provide them with shelter**. You can place logs, rocks, or even tiny ‘apartments’ for some beneficial insects like ladybirds. You can also plant bushes and hedges, since a number of beneficial insects thrive in these plants.
- **Do not overuse your pesticides**. These pesticides also affect beneficial insects, which is why you should not use them indiscriminately. Also, if all harmful insects are gone, these beneficial insects will have no more prey and may move to another garden.

Chapter 6

Organic Pest Control Sprays You Can Make At Home

Sometimes, it is better if you make your own organic pest control sprays. Not only is it safe, it is also budget friendly and all ingredients can be obtained in your home.

Here are a few organic control spray recipes ranging from the basic to more complicated ones.

BASIC SOAP SPRAY

For: Small insects inside the house like ants, roaches, beetles, and mites. Also recommended for aphids and other like insects.

Materials/Ingredients:

1 small to medium sized spray bottle

½ to 1 tablespoon of dishwashing liquid soap

400 ml of water

Instructions:

Combine all ingredients. Shake to mix all ingredients properly. Spray on pests.

CATNIP SPRAY

For: Roaches, ants, beetles, weevils, and aphids.

Materials/Ingredients:

1 small to medium sized spray bottle

400 ml of water

Catnip

Instructions:

Boil catnip in water. Strain. Throw boiled catnip. Place the liquid in the spray bottle.

Warning: Do not use if you have cats.

GARLIC SPRAY

For: Mosquitoes, beetles, flies, beetles, and rodents.

Materials/Ingredients:

1 small to medium sized spray bottle

400 ml of water

4 to 5 cloves of garlic

Mineral oil

3 teaspoons of mineral oil

½ to 1 teaspoon of dishwashing liquid soap

Instructions:

Mince garlic and put in mineral oil. Let it sit in oil for one night. The next day, drain garlic from oil. Mix the water, oil, and soap. Shake and spray.

Tip: You can also use lemongrass.

ESSENTIAL OIL SPRAYS

For: Clothes moths, roaches, carpet beetles, fleas, and bed bugs. This is good for areas that also need to smell good.

Materials/Ingredients:

1 small to medium sized spray bottle

250 ml of water

9 to 10 drops of each essential oil of one or any combination of the following:

- Eucalyptus
- Lavender
- Rosemary
- Citrus (lemons, oranges, or limes)

2 to 3 essential oil of cloves

Cinnamon sticks

Instructions:

Combine all ingredients in bottle and shake. Spray on.

Warning: Do not use if you have cats. Wear gloves when using spray as essential oils can irritate skin.

ANTI-RODENT SPRAYS

For: Rodents. Spray on mouse and rat holes and passageways.

Materials/Ingredients:

1 small to medium sized spray bottle

450 ml of water

1 tablespoon of Castor oil

3 to 4 tablespoons of dishwashing liquid soap

1 tablespoon Tabasco sauce

1 teaspoon garlic extract

Instructions:

Put all ingredients together in the spray bottle. Shake and spray generously on holes or cracks where rodents enter.

Warning: Wear gloves, mask and eye protection.

OVER-ALL GARDEN SPRAY

For: For outdoor use. Use on garden pests and other pests outside the house.

Materials/Ingredients:

1 small to medium sized spray bottle

400 ml of water

6 to 7 cloves of garlic

½ small onions

1 to 11/2 teaspoon cayenne pepper powder or 2 tablespoons of Tabasco sauce

1 tablespoon of dishwashing liquid soap

Instructions:

Mince garlic cloves and onions. Add pepper powder or Tabasco sauce. Mix in water and let stand for an hour or two. Strain the mixture, preferably using cheesecloth. Transfer to bottle, and mix in soap. Spray on.

Warning: Wear gloves when using spray as this can irritate skin. Also wear mask and eye protection.

Other DIY Pest Control Formulas

Anti-pest satchels

You can place satchels filled with pest deterrent substances and ingredients in problem areas of your house where you do not want pests or where pests are already residing. To make satchels, what you need is the following:

- Empty small muslin or sheer fabric drawstring pouches
- Content of your choice (can range from orange or lemon peels, bay leaves, eucalyptus, lavender, cloves, cinnamon sticks, aromatic cedar chips, or crushed mint)

Just fill in the pouches with one or any combination of the aromatics and hang them in your wardrobe, cabinets, and windows.

Pest Deterrent Balls

You can infuse cotton balls with the power to ward off pests from your house. You can do this in many ways, depending on what insect you are targeting. It also depends on what you want to do with the pests, just drive them away or destroy them.

– For only deterring insects, just ready the following:

- Balls of cotton
- Essential oils of your choice

Soak the balls of cotton with essential oils. Remember to wear gloves when doing so, and do not inhale directly. Place them in places where your target pest resides or will most likely pass.

– For destroying them, prepare:

- 1 teaspoon of Borax
- 1 litre of water
- 1 to 1 ½ cups of sugar

Just mix the ingredients, soak the cotton balls with the mixture and place in a little container. Insects such as ants and roaches will bring pieces of the cotton to their colony, which can either annihilate the ants from their source or kill roaches after they ingest it.

The Beer Technique

Roaches and slugs are the main victims of the beer technique. For roaches, just place beer soaked bread in an open container where roaches can access. They nibble on the bread and get drunk and die. If they don’t die immediately, you can find them incapacitated which makes it easy for you to dispose of them. For slugs, just place a flat container or plate on the ground of the garden with beer. Slugs become attracted beer and like the cockroaches, they die.

Chapter 7

How to Remove Pesticides from Your Non-organic Produce

Of course, it is a fact that not all of us are gardeners or have enough time to involve ourselves in gardening. And more obviously, not all of us are rich enough to maintain a strictly organic diet. This forces us to buy foods in the market that have been tainted by chemical pesticides.

Usually, washing is the only process that fruits and vegetables go through when they reach most homes. But simple washing of these products with water do not really remove the threat that we want to avoid ingesting.

And so, here are a few tips for removing most, if not all, pesticide residues in your fruits and vegetables.

Use the water and soap solution. You may raise an eyebrow at this method, but it is a proven method of removing most of the chemicals that are found on the surface of your produce. Soap helps dislodge pesticides and wax from non-organic produce, which mere water cannot do. To do this, just dissolve a few tablespoons of dishwashing liquid onto a basin with water. Mix it properly.

Drop in your fruits and vegetables in the solution and leave them there for a few minutes, then wash the produce in the basin. Take them off the solution and rinse until the soapy feel is gone.

Use the water and vinegar solution. If you are not comfortable with the first method, you can try mixing vinegar to the water instead of soap. In a small basin with water, mix in 1 to 1 ½ cups of vinegar. Put your produce in the basin and keep them there for 1 hour and 30 minutes to 2 hours. Drain and rinse thoroughly.

Peel. Sometimes, pesticides have penetrated the skin surface more deeply. That is why health professionals recommend peeling products before consuming them.

Conclusion

Congratulations! You have reached the final part of this book and have gone through every chapter of “Pest Control”.

With this book, you breezed through the topics like the different types of pests that can be found in your homes and how to prevent them from infesting your home and your garden. In connection to the two, you have also learned about how to pick the best organic sprays that you should buy and natural ways of protecting the interior of your house from pests. You have also read about the difference between beneficial and harmful insects in a garden and also discovered how to protect your plants from the harmful ones and encourage the helpful ones. More importantly, you learned to do easy homemade organic sprays and new methods from scratch and easily available items in your house. Lastly, you read about helpful tips on how to remove pesticides from your daily produce.

It is my hope that this book has greatly influenced you and taught you many things about pest control. Now, all you have to do is try all these tips and suggestions and apply what you have learned. But before you go on, it is important to remember that with pest control, prevention is truly and absolutely always better than cure.

From The Author

Thank you for taking the time to read this book. As an author, I understand the importance of creating books which my readers will find both enjoyable and informative. If you have the time and feel generous, please don't hesitate to leave an honest review of this book.....Paul Jackson

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